



UNNAT BHARAT ABHIYAN

INSTITUTE/ORGANIZATION NAME: TRINITY COLLEGE FOR WOMEN,

NAMAKKAL – 637 002, TAMIL NADU STATE



(Permanently Affiliated to Periyar University, Salem, Recognition by UGC under the section of 2f and 12b and Accredited by NAAC A Plus)

Website - www.trinitycollegenkl.edu.in

College Code C 9496

PROGRESS REPORT

Quarterly Report

01.07.2023 to 30.09.2023

UBA Coordinator's Name :Mrs. S. HEMALATHA

Email :hemarajaasn10812@gmail.com

Phone Number :8344478701

Sr. No	ADOPTED VILLAGES	TALUKA (Block)	DISTRICT
1	Vagurampatti	Namakkal	Namakkal
2	Aniyapuram	Mohanur	
3	Parali		
4	Tholur		
5	Pettapalayam		

List of Activates:

ACTIVITY 1:

Title of the Activity: Enclosed herewith

Need of the Activity:

Brief Description (Need/Impact/Action/Picture/(If any)):

Details are enclosed herewith along with photographs

ACTIVITY 2:

Title of the Activity: Enclosed herewith

Need of the Activity:

Brief Description (Need/Impact/Action/Picture/(If any)):

Details are enclosed herewith along with photographs

Next action plan: (From 01.10.2023 to 31.12.2023)

Sr. No	Activity to be conducted(along with reason)
1	Free Medical Camp
2	Grama Sabha Meet – 02.10.2023
3	Door to door campaign: Awareness Programme on rainy season diseases like malaria, dengue, typhoid, etc., (03.10.2023)
4	Imparting tailoring skill programme for rural women in and around Aniyapuram village (04.10.2023)
5	Programme on “Environmental Awareness”
6	Other village development programmes

EVENTS OF UNNAT BHARAT ABHIYAN CELL

From 01st July 2023 to 30th September 2023

S.No	Date	Nature of the Programme
01	24.07.2023	Discussion meeting of Unnat Bharat Abhiyan Scheme
02	26.07.2023	Tree Plantation event
03	28.07.2023	Observation of world nature conservation day
04	04.08.2023	Observation of world breast week @ College campus
05	05.08.2023	Saplings of Tree programme
06	07.08.2023	Observation of world breast week @ the tribal people of Kolli

		Hills, Namakkal District
07	14.08.2023	Programme on Yuva Samwad India @ 2047
08	15.08.2023	Independence Day – Participation in Grama Sabha Meet
09	29.08.2023	Stress Management programme of employees of Salem Cooperative Sugar Mills Ltd., Pettapalayam village (UBA Adopted village), Mohanur Taluk, Namakkal District

1. Discussion Meeting of Unnat Bharat Abhiyan (24th July 2023)

On behalf of the Unnat Bharat Abhiyan Cell of Trinity College for Women, a discussion meeting was held on July 24, 2023, in the chamber of the Chairman/Secretary/Executive Director related to the various activities to be done in the adopted villages under the Unnat Bharat Abhiyan Cell of our College. Mrs. Aruna Selvaraj, Executive Director, presided over the meeting. Dr. M.R. Lakshiminarayanan, Principal, welcomed the gathering. The members of the UBA village representatives, Dr. A. Latha (Parali), Mrs. S. Priya (Aniyapuram), and the faculty of the college, Mrs. S. Usharani, Mrs. K. Mekala, and Dr. S. Jeyanthi, attended that meeting.

The main aim of the discussion at the meeting is to determine how to implement the various social services for the UBA adopted villages like Vagurampatti, Parali, Aniyapuram, Tholur and Pettapalayam in Namakkal District during the months of August & September. Especially, it is decided to execute the people's welfare works such as the availability of the various Central and State Government public welfare schemes, training of online banking transactions through Android mobile phones, free general medical camps, free eye camps, breastfeeding awareness programmes for the married women of these UBA adopted villages, plastic awareness, environmental protection awareness, water management, and so on.

2. Tree Plantation event through the UBA Cell

The Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal organized a tree plantation event in Aniyapuram (UBA adopted village), Namakkal in which 20 students and three assistant professors, Mrs. S. Priya, AP in Computer Science, Mrs. S. Jayamathi, AP in Tamil and Mrs. S. Hemalatha, AP in Tamil at our college participated. It was held on 26th July 2023. Mrs. K. Nirmala, Village Administrative Officer, Aniyapuram was the special invitee. Plant saplings not only provide clean air but also give hygiene for our next generation also. Each and every student should plant at least one plant sapling for our society's health, she said.

3. Observation of World Nature Conservation Day under "Unnat Bharat Abhiyan Cell"

Under the Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, conducted an awareness event on July 28, 2023. Owing to World Nature Conservation Day (உலக இயற்கை வளம் பாதுகாப்பு நாள்), this programme was held on the College campus. On this subject, Ms. S.P. Pavithra, III, B.A., English, of our College delivered the topic of Environmental Protection: What Can We Do?" (சுற்றுப்புறச்சூழல் பாதுகாப்பு - நாம் என்ன செய்ய வேண்டும்?), and Ms. V. Sharmila, III, B.A., English, of our College delivered the topic of Global Warming: There is a warning to us? (உலக வெப்பமயமாதல் இது நமக்கு ஒரு எச்சரிக்கை) and Ms. B. Bharathi, III B.A., English of our institution, enunciated the heading "Plastic pollutes our water" (நெகிழி நீரை மாசுபடுத்துகிறது). This programme was conducted by Mrs. S. Hemalatha, Coordinator, Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal. More than 200 students took part in that awareness programme.

4. Observation of world breast week

Due to World Breast Week (August 1 to August 7), the service clubs of the National Service Scheme, Youth Red Cross, Red Ribbon Club, Trinity Women's Forum, and Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, conducted a programme entitled "Why is breast milk so important for healthy babies?" on August 4, 2023 (Friday) at 10 a.m. On this subject, Dr. M. Malliga Kulandaivel, Director, Thangam Hospitals and Cancer Centre, Namakkal, and President, Women's Doctor's Wing, West Zone, was the special invitee. A new-born baby depends only on breastfeeding; it is essential for breastfeeding mothers to pay more attention to their healthy foods and drinks, she said. There is no spoiling of beauty for mothers because of breastfeeding their babies. It is important for babies for immunity power, she denoted. Mrs. Aruna Selvaraj, Executive Director, Dr. M.R. Lakshiminarayanan, Principal, Dr. Arasuparameswaran, Director – Academic, The NSS Programme Officers Dr. M. Sasikala & Mrs. S. Jayamathi, The Coordinators of Trinity Women's Forum Mrs. N. Thangamani & Dr. N. Santhi, The RRC

Programme Officer Mrs. V. Gokila, The YRC Programme Officer Mrs. V. Kalaivani, the coordinator of Unnat Bharat Abhiyan Cell Mrs. S. Hemalatha and also all the final year students took part.

5. Tree Plantation Programme under the service clubs of NSS, Eco Green Club and Unnat Bharat Abhiyan Cell

More than 200 trees of 10 varieties were planted by The Chairman Er. K. Nallusamy, The Principal Dr. M.R. Lakshiminarayanan, The NSS Programme Officer Mrs. S. Jayamathi, The Coordinator of Eco Green Club Mrs. G. Kanangi, The Coordinator of Unnat Bharat Abhiyan Cell Mrs. S. Hemalatha, The Administrative Officer Mr. N.S. Senthilkumar, and the volunteers of these service clubs of Trinity College for Women, Namakkal on August 5, 2023, in the village of Avalnaickenpatti, Puduchathram Block, Namakkal District.

They planted various tree saplings like neem, mahogany, baby, mandarai, gooseberry, danri, tree of heaven, jasmine, guava, and sandalwood.

The following students of our college enthusiastically took part and planted the tree saplings:

S.No	Name of the student	Year and Degree
01	Ms. S. Priyanka	II B.A., Tamil
02	Ms. A. Jasmine	II B.A., Tamil
03	Ms. V. Sharmila	III B.A., Tamil
04	Ms. V. Anitha	III B.A., Tamil
05	Ms. R. Pooja	III B.Sc., Physics
06	Ms. K. Suvathi	II B.Sc., Chemistry
07	Ms. A.C.Sneha	II B.Sc., Chemistry
08	Ms. B.K. Sowmithaa	II B.Sc., Chemistry
09	Ms. K. Brindha	II B.A., English
10	Ms. P. Akalya	III B.A., English
11	Ms. V.K. Dheepthika	III B.A., English
12	Ms. R. Madhumitha	III B.Com.,
13	Ms. M. Priyadharshini	III B.Com.,

14	Ms. S. Elakkiya	III B.Com.,
15	Ms. R. Sripondevi	III B.Com.,
16	Ms. S. Dharanya	III B.Com., CA
17	Ms. B. Bharani	III B.Com., CA
18	Ms. J. Rajashree	III B.Com., CA

All are greeted.

6. Observation of World Breastfeeding Week at Kolli Hills

Owing to international breastfeeding week (Aug 1–8, 2023), the department of Nutrition and dietetics, in association with the Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, and with the support of Thangam Hospitals and Cancer Centre, Namakkal, conducted a one-day awareness programme entitled "Why breast milk is important for children?" on August 7, 2023, in the premises of the Primary Health Centre, Solakkadu, Kolli Hills, Namakkal District.

Dr. M. Malliga Kulandaivel, President, Women Empowerment Standing Committee, Indian Medical Association, Tamil Nadu state, and the Director of Thangam Hospitals and Cancer Centre, Namakkal, Mrs. Aruna Selvaraj, President, Inner Wheel Club, Namakkal, and The Executive Director, Trinity College for Women, Namakkal, and Mrs. Padmavathi Jagadeesan, Member, Inner Wheel Club, Namakkal, and Director, SJLT Group of Companies, Namakkal, were talked among the people of Solakkottai, nearby villages in Kolli Hills. Breastfeeding is essential for healthy babies. A new-born baby gets immunity from breast milk. It does not diminish the beauty of a breastfeeding mother; they stressed the significance of breastfeeding milk.

7. Yuva Samvaad, India & 2047

Nehru Yuva Kendra, Namakkal, Government of India (Ministry of Youth Affairs & Sports), Rathinasabapathi Environmental Rural Development Organisation—Non-Governmental Organisation (RERO-NGO), Namakkal, Unnat Bharat Abhiyan Cell, and National Service Scheme of Trinity College for Women, Namakkal, jointly organised a programme on "YUVA SAMVAAD—INDIA @ 2047" on August 14, 2023 (Monday) on the campus of the College.

Dr. M.R. Lakshiminarayanan, Principal, Trinity College for Women, presided over the programme.

Mr. Pasumai M. Thillai Sivakumar, Green Champion Awardee (2023), Government of Tamil Nadu and District Advisory Committee, Nehru Yuva Kendra Youth Sangathan, was the special invitee. He highlighted the aim of Panchpran of Amrit Kaal (Five Fundamentals of Hope for a Better Future), like the goals of developing India, the elimination of any trace of the colonial mindset, honour and pride in our roots, the development of unity, and a sense of duty among citizens.

Mrs. M. Priya, Project Director and Joint Director, Women Development District Management Unit, Namakkal District; Mr. Saran V. Gopal, District Youth Officer, Nehru Yuva Kendra, Namakkal; Dr. B. Valluvan, Accounts and Programme Assistants, Nehru Yuva Kendra, Namakkal; Mr. P. Manikandan, Public Relation Officer, Rashtriya Uchcharat Shiksha Abhiyan (RUSA), Madurai Kamaraj University, Madurai; Er. K. Nallusamy, Chairman; Er. S. Selvaraj, Secretary; Mrs. Aruna Selvaraj, Executive Director; and Dr. Arasuparameswaran, Director, Academic of the College, conveyed their best wishes to all the participants.

On behalf of Nehru Yuvakendra, Namakkal, an appreciation shield has been given to the NSS Programme Officers Dr. M. Sasikala, Mrs. S. Jayamathi, and the Unnat Bharat Abhiyan Cell Coordinator Mrs. S. Hemalatha, the village representatives of UBA Mrs. R. Navamani (Pettapalayam), Mrs. V. Gokila (Vagurampatti), Dr. A. Latha (Parali), Mrs. S. Priya (Aniyapuram), and Mrs. D. Prabha (Tholur).

Besides that, the Executive Director, Mrs. Aruna Selvaraj, the Principal, Dr. M.R. Lakshiminarayanan, and the Director-Academic, Mr. Arasuparameswaran, have been awarded for their recognition in their fields.

In addition, the following students of our college have been congratulated for their fantastic talk related to "YUVA SAMVAAD: India @ 2047, and certificates and medals were also given to them.

S.NO	Name, Year and Degree of the Student
01	Ms. B. Bharathi, III B.A., Tamil
02	Ms. M. Sandhiya, II B.A., English
03	Ms. S.P. Sri Sakthi Samaya Sangari, II B.A., English
04	Ms. R. Madhusoothana, I B.Com.,
05	Ms. T. Prathiksha, I B.Sc., Physics.

8. Representatives & Students of Trinity College for Women, Namakkal - participation in the Grama Sabha Meetings on 15.08.2023

8. Grama Sabha Meeting, August 15, 2023

On the occasion of Independence Day Celebrations (15.08.2023), Grama Sabha meetings were held in many villages in India. Grama Sabha Meetings were held in the UBA-adopted villages of the college like Vagurampatti, Parali, Aniyapuram, Tholur, and Pettapalayam on August 15, 2023.

Under the leadership of the presidents of the villages, this meeting was organised. The presidents of the villages read out the annual reports of their villages.

The following points were discussed in that meeting:

1. Drinking water supplies should be regular.
2. Street lights should be functioning without interruption.
3. Drainage facilities are needed for all the important places.
4. Additional bus facilities are required for the convenience of local people.
5. Some of the roads have been damaged due to the recent rain. It should be rectified as early as possible.
6. Medicine shortages are highly prevalent in primary health centres. Additional medicines should be procured for the sake of patients in government hospitals.
7. The working hours of libraries are very short. Library hours should be extended by an additional hour.
8. Grama Sabha meetings should be conducted at least once every two months.

The Presidents, Mr. A. Raja Rahman (Vagurampatti village), Mrs. K. Kuppayee (Pettapalayam), Mr. S. Navaladi (Tholur), Mrs. A. Arukkani (Parali), and Mr. S. Murugesan (Aniyapuram), and the ward members of the Village Panchayat took part.

In this regard, under the auspices of the Unnat Bharat Abhiyan Cell of Trinity College for Women, Namakkal (C-9496), Mrs. R. Navamani (UBA representative of Pettapalayam), Dr. A. Latha (UBA representative of Parali), Mrs. V. Gokila (UBA representative of

Vagurampatti), Mrs. S. Hemalatha (Coordinator of UBA, representative incharge of Aniyapuram), and Mrs. D. Prabha (UBA representative of Tholur), along with 5 students each in those villages, took part in the above-said villages.

9. Stress Management Programme through the UBA Cell

The Unnat Bharat Abhiyan Cell of Trinity College for Women, Namakkal, organised a programme with the title "Stress Management for Employees of the Salem Cooperative Sugar Mills Ltd., Pettapalayam village, Mohanur, Namakkal District" on August 29, 2023. Mrs. K.R. Mallika, Managing Director, The Salem Cooperative Sugar Mills Ltd., Mohanur, Namakkal District, presided over the program. Dr. Arasuparameswaran, Director, Academic, Trinity College for Women, Namakkal, was the special invitee.

He spoke about the importance of managing stress during troubled times. Worry and disquietude are with each and every one. Without anxiety, we could not survive in this world. You should remove your worries and strengthen your mind, he stated.

Mrs. R. Navamani, UBA village representative of Pettapalayam, arranged the program. Mr. Aravindan, Labour Welfare Officer, SCSML, and Mrs. D. Prabha, Representative of UBA, adopted the village of Tholur, and more than 50 employees of the sugar mills benefited through this programme.